

Cape Elizabeth Senior Citizen Advisory Commission



Yesterday is here...

A Preliminary Report to the Cape Elizabeth Town Council
June 10, 2015

Maine Demographics

- Maine's average median age is 47 – OLDEST IN NATION
- Maine's Baby Boomers represent 29% of total population – HIGHEST % IN NATION
- Maine's proportion of population age 65 and over is at almost 18% - SECOND HIGHEST IN NATION
- Maine has > 22% of its population age 60 and over, or more than 300,000 residents

“There has never been a more critical time for a coordinated, collaborative and integrated approach to delivering services in Maine.”

Department of Health and Human Services, Office of Aging and Disability Services, State of Maine - State Plan on Aging (October 2012)

Preliminary Report

- CESCAC History
- Process
- Fields of Community Study
- Recommendations / Resolve: Private, Co-Community, Cape Elizabeth solutions - in that order
- Building Community Bridges

Vision Statement: “Maine’s aging population is an opportunity. The state must seize it. The face of Maine has been changing rapidly and has been for a long time. Though we are the oldest state in the nation, we cannot allow the challenges of aging to paralyze us. We must be energized by this challenge and capitalize on the assets of our aging population.” *Maine Council on Aging*

Some Lessons Learned

- 11% of Maine's senior population is a victim of some form of abuse. That's 1 out of every 9 senior's.
- Lack of transportation leads to isolation and depression leading to higher incidences of abuse and neglect.
- Virtually all of the seniors we spoke with expressed a desire for enhanced programming and monthly socialization activities.
- 1 out 3 seniors will suffer from eye disease or vision limitations that will alter their life and independence.
- 30% of people live alone. 76% of this population are woman.
- 15% of senior face hunger. Some 48% of senior face the "threat" of hunger.
- 1 out of 8 Mainer's suffer from some form of Dementia or Alzheimer's related disease.

"The risk of Alzheimer's and dementia increases with age. It is estimated that 18% of people between ages 75 to 84 have Alzheimer's disease; and 32% of people over 85. Overall, approximately 12% of people over 65 and 4% of people under 65 have Alzheimer's disease. As the number of people over age 65 continues to grow, the number with dementia will increase significantly."

Dementia in Maine; Characteristics, Care and Cost Across Settings, Muskie School of Public Service, University of Southern Maine (December 2013)

What seniors are looking for

- Public Connectivity
- Social Inclusion
- Senior “Gathering Place”
- Informational Resource Center
- Assistance with Accessing Community Services
- Reliable / Safe Transportation Options
- Enhanced Community Services Senior Programming
- Frequent Senior designed Events
- Live In their Homes safely with Service Options

“2-1-1 Maine is a comprehensive statewide directory of over 8,000 health and human services available in Maine. The toll free 2-1-1 hotline connects callers to trained call specialists who can help 24 hours a day / 7 days a week. Finding the answers to health and human services questions and locating resources is as quick and easy as dialing 2-1-1 or visiting www.211maine.org”

Community Fields of Study

- Information and Communication
- Transportation
- Housing
- Community Supports and Services
- Social Inclusion and Participation
- Local Health Services

“The disproportionate growth of older age groups, known as “population aging,” is expected to continue into the future. In absolute numbers, the older population is projected to more than double from 40.3 million in 2010 to 83.7 million in 2050.” 65+ in the United States: 2010; Special Study – Current Population Report, United States Census Bureau (June 2014)

Recommendations

- Establish the CESCAC as permanent standing committee that supports the research needs of the Town Council on aging matters.
- Expand and Enhance communication efforts in town that report out on aging issues and supports.
- Develop a Senior Citizen Community Guide position reporting to the Town Manager to provide in-take relief and answers to community aging questions.
- Expand Community Services Senior Programming.
- Provide for a 12-14 Passenger Van for utilization of Senior Programming services.

Recommendations

- Provide for a Senior Hall or Senior Gathering Place for annual events.
- Conduct an updated Senior Housing Survey to address and access future housing needs in our community.

“Americans are living longer than ever. Significant advances in healthcare powered by science and technology have significantly expanded lifespan. The rank of our old, and even very old, citizens are swelling by the year. Result: Our nation is now grappling with age related issues like never before, causing many to look for systemic ways to support people in their own homes and communities as they age.”

Building a Collaborative Community Response to Aging in Place Maine Association of Area Agencies on Aging, AARP Maine Chapter, Ideactive Solutions (September 2013)

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“If something can’t go on forever; it will stop.”

Herbert Stein, Economist, January 1999